MWOC EXERCISE PROGRESSION

A simple step-by-step approach to building activity

1 Phase 1 — Build the Habit

Goal: 10–20 min walking daily

- Walk after meals
- Morning walk
- Walk during phone calls

Focus:

- Consistency
- Comfort
- Joint protection



2 Phase 2 — Increase Duration

Goal: 30–45 min walking most days

Add:

- Slightly faster pace
- Hills
- Cycling or swimming



3 Phase 3 — Add Strength

Goal: 2–3 days resistance training

- Resistance bands
- Bodyweight
- Machines

